

Mental Health Services in Centre County

Centre County
CSP
Committee

A Guide to
Mental Health Services for
Individuals with Mental Illness
Families and Friends

4th Edition
2012

If you feel the need to access or change services, or to resolve problems, you (or your advocate) may call the appropriate agency or agencies to address those issues. This resource book has their numbers—and a lot more.

The *Mental Health Services* handbook
is a great source of information!

ACKNOWLEDGMENTS

Sincere appreciation to Central Region Community Support Program, National Alliance on Mental Illness-Centre County, and Centre County Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol for their generosity in funding this project. Special thanks to Dave Jeffreys, Deb Bair, Timothy Deeter, Alissa Martin, and Jenn Chessie for their time and devotion to this project.

Printing by K-B Offset Printing, Inc
State College , PA
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Need Help Fast? Read Me First!

In Imminent Danger? Call: 911.

If you believe you or someone else is in imminent danger of death or serious injury, call 911 right away. It is better to be safe than sorry. Responders will include police and emergency medical technicians.

In Crisis?

Call: 1-800-643-5432 (CAN HELP).

If you or someone else is feeling emotional distress, call CENTRE COUNTY CAN HELP. Operated by The Meadows Psychiatric Center/Universal Community Behavioral Health, this organization provides mental health crisis intervention, supportive counseling, referrals to other agencies, and mental health and drug & alcohol education. Services are accessible by telephone, walk-in assessment, or mobile crisis intervention in the community. When someone is experiencing an emotional crisis, has thoughts, of suicide or needs to be linked to mental health services, it is possible to speak to a counselor on the telephone or have a mobile crisis counselor visit you in your home or community. Services are provided 24/7.

Community Help Centre

Call: 235-1890 or 237-5855 or 1-800-494-2500 for 24/7 crisis support and short-term counseling with trained staff

Crisis Intervention Team (CIT) (For more information contact the CIT Coordinator at 933-7101 or centrecountycit@gmail.com; <http://www.co.centre.pa.us/cit>)

The Crisis Intervention Team is a collaboration of local law enforcement personnel, first responders, correctional facility personnel, probation and parole officers, mental health professionals, individuals who utilize mental health services, family members, and advocates who work collectively to assist individuals who are experiencing a mental health crisis. The 40-hour CIT training program teaches skills and tactics to safely de-escalate incidents involving persons in crisis. Upon completion of the training, officers are able to respond to and manage mental health crises in a more safe and compassionate manner. The overall goal of the CIT program is to increase officer and community safety while decreasing the number of arrests by diverting individuals who are in crisis away from the criminal justice system toward appropriate treatment and resources available in the community. Upon completion of the training, all officers and first responders receive a pin which they wear on their uniform so they can be easily identified as a CIT-trained officer.



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INTRODUCTION

Often when we most need help, the hardest thing is to find out where and how to get it. This can be especially difficult in dealing with mental illness, whether as one who has mental illness, a family member, or a friend. Because of the effects of lingering stigma, many people are uncomfortable talking about mental illness.

In Centre County, we are fortunate to have many agencies, support organizations, and individuals available to offer advice and help in coping with mental illness. The *Mental Health Services* handbook will introduce you to these people and organizations and tell you how to get in touch with them.

This handbook focuses on services available to adult residents of Centre County through our public mental health system. The book includes separate listings of other public and charitable resources often needed by individuals who utilize the public mental health system. Most of the non-emergency mental health services are accessed through Centre County Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol (MH/ID/EI-D&A).

The first two sections of the book contain definitions of basic terms and abbreviations commonly used in the mental health field. The next two sections contain descriptions of people who provide mental health services and the types of treatment services available. The remainder of the book is devoted to summary descriptions of the individual service agencies, treatment facilities, support organizations, and housing resources available in Centre County. Some agencies that contract with MH/ID/EI-D&A also provide services for full fee, which is paid by either the individual or a private insurer. This directory does not cover those organizations or practitioners. They are listed in the yellow pages of the phone book.

GLOSSARY OF TERMS

Community Care Behavioral Health (CCBH). The organization that manages Medical Assistance behavioral health services in Centre County.

Consumer/Family Satisfaction Team (C/FST). A team of individuals with mental illness and/or family members. They administer surveys to individuals receiving mental health services and their family members to assess satisfaction with public MH services.

Community Support Program (CSP). The CSP program, largely funded by federal dollars, is an informal, nationwide coalition of individuals with mental illness, family members and professionals. The purpose of CSP is to promote statewide improvement of the adult public MH service system in order to maximize the opportunity for individuals with serious mental illnesses to recover and reach their full potential. The CSP philosophy maintains that recovery is fostered by strong participation of individuals who utilize mental health services as well as family members. CSP operates by committee structure at the local, regional, and state levels.

consumer. The term *consumer* often is used to refer to an individual who is receiving, or in the past has received, mental health services. Terms such as *individual with mental illness*, *individual who utilizes mental health services* or *individual in recovery* are thought to be more reflective of recovery-oriented thinking and, therefore, preferable to the terms *consumer*, *client* or *patient*.

family member. This term is applied to someone who is a family member of an individual with mental illness. It can be loosely applied to friends and other concerned people who make up the individual's support system.

holistic health care. Holistic health care is a form of care that addresses the interconnections of body, mind and spirit.

Mental Health/Intellectual Disabilities/Early Intervention-Drug & Alcohol.

MH/ID/EI-D&A is a statewide system that coordinates care for individuals with serious mental illness, intellectual disabilities and/or substance abuse by contracting with service providers. MH/ID/EI-D&A offices operate at the county level.

Needs Based Plan. The Needs Based Plan is the key document submitted to the state by a county or county joinder to be used in determining the types/quantity of services that will be funded by the state and provided in the next fiscal year. Through the Centre County CSP, it is possible to learn about mental health services and contribute ideas to the plan. Members of the mental health community and the public are encouraged to provide input.

Office of Mental Health and Substance Abuse Services (OMHSAS). The state-level government organization that oversees and largely funds MH/ID/EI operations.

peer support services. These services are provided in conjunction with your existing mental health services. The Office of Mental Health and Substance Abuse Services has identified the following five purposes of peer support services:

1. Provide opportunities for individuals receiving services to direct their own recovery and advocacy processes;
2. Teach and support acquisition and utilization of the skills needed to facilitate an individual's recovery;
3. Promote the knowledge of available service options and choices;
4. Promote the utilization of natural resources within the community; and
5. Facilitate the development of a sense of wellness and self-worth.

Due to their life experiences, people with mental illness have expertise that professional training cannot replicate.

peer support groups. Groups in which individuals with mental illness and/or family members provide one another with emotional support. These groups are also sources of information and advice, and venues for organizing advocacy activities.

public mental health system. This term refers to the office of MH/ID/EI and its contracted agencies, as well as emergency MH services accessible directly to the public.

serious mental illness (SMI). Refers to major mental illnesses that profoundly disrupt lives either continuously or repetitively and usually involve very painfully disturbed mood, thinking, and/or behavior. SMI comprises schizophrenia, schizoaffective disorder, bipolar disorder (manic-depressive illness), major depression, and some anxiety disorders.

schizophrenia is characterized by severe and persistent problems with thinking, inappropriate emotions, and difficulty relating to the “real world.” It limits one’s ability to relate to others or to work. People usually have false beliefs (delusions) and/or hear voices or see things that others do not (hallucinations). They may sometimes become unresponsive to their environment. Schizophrenia typically manifests between ages 16 & 25.

bipolar disorder (manic-depressive illness) is characterized by severe mood swings, from manic “highs” to depressed “lows.” As the length, intensity, and frequency of mood swings can vary for different individuals, this disorder can look quite different from one person to another. It is not uncommon during severe manic or depressed episodes for people to experience some psychotic symptoms (such as false beliefs or hearing voices). Typical symptoms of a manic phase include grandiose or irritable mood, excessive energy, overconfidence, poor judgment, and disorganization.

A depressive phase may be marked by the same symptoms as those described for major depression. In children, the symptoms of bipolar disorder tend to be somewhat different

from those seen in adults, with more prominent irritability and more rapid switching between manic and depressive mood features.

schizoaffective disorder combines some features of schizophrenia with those of mania and/or depression although it is less commonly diagnosed than either schizophrenia or bipolar disorder. While persons with schizoaffective disorder have times during which their mood and contact with reality improve somewhat, they experience more residual symptoms, such as delusions or withdrawal, between episodes than people with bipolar disorder or major depressive illness.

major depression is characterized by sustained feelings of hopelessness, worthlessness, emptiness, or guilt. Often, people with depression also have difficulty concentrating, making decisions, enjoying their usual activities, sleeping, staying alert, and eating. In severe cases, psychotic symptoms may appear. Major depression seriously interferes with a person's ability to function. It is much more than simple feelings of sadness or "the blues." It may occur only once in a lifetime, several times, or frequently. Some people (more often young males) are unaware of mood symptoms at first and so complain only of difficulty concentrating or extreme fatigue.

anxiety disorders cover a broad spectrum of disorders, with severe and inappropriate fearfulness the common denominator. Prolonged and/or frequent experience of anxiety can lead to inability to leave the house or enjoy being with other people. Obsessive-compulsive disorder (OCD), a manifestation of anxiety, involves repetitive thoughts and behaviors that seriously interrupt normal life activities. Post-traumatic stress disorder (PTSD), also a manifestation of anxiety, involves mentally re-experiencing a traumatic event.

GLOSSARY OF ABBREVIATIONS

BCM	Blended Case Manager/Management
BHR	Behavioral Health Rehabilitation Services
BSU	Base Service Unit, the MH/ID/EI facility
CCBH	Community Care Behavioral Health Organization
Centre CAO	Centre County Assistance Office (of DPW)
CHIPP	Community Hospital Integration Project Program
CRR	Community Residential Rehabilitation (program)
CSG	Community Services Group
CSP	Community Support Program
C/FST	Consumer/Family Satisfaction Team
DPW	(PA) Department of Public Welfare
DSH	Danville State Hospital
MA	Medical Assistance
MH	Mental Health
MH/ID/EI-D&A	Mental Health/Intellectual Disabilities/Early Intervention -Drug & Alcohol
MUST	Mutual Understanding and Support Team
NAMI	National Alliance on Mental Illness
OMHSAS	(PA) Office of MH and Substance Abuse Services
OVR	(PA) Office of Vocational Rehabilitation
PAD	(PA) Psychiatric Advance Directives
PSPC	Penn State Psychological Clinic
RC	Resource Coordinator/Coordination
SFI	Strawberry Fields, Inc.
Skills	Skills of Central Pennsylvania, Inc.
UCBH	Universal Community Behavioral Health

PEOPLE WHO PROVIDE SERVICES

State regulations strictly specify which types of mental health services can be offered by the public mental health system and the degree of training/types of licensure required by individuals who provide or supervise each type of service. Some of the main types of MH service providers appear below.

case manager. A case manager works directly with individuals to ensure they receive services/supports and are linked to community resources that facilitate the recovery process. The different types of case managers perform similar functions. Frequency of contact varies, depending on the individual's level of need. The BSU and Strawberry Fields, Inc., provide case management to eligible residents of Centre County. The three levels are:

Administrative Case Management (ACM):

- Entry point to mental health treatment
- Refers individual to treatment and monitors progress
- Typically meets face to face once a year and offers phone contact as needed

Resource Coordination (RC):

- Intermediate level of case management
- Links individuals to community resources to assist in the treatment and recovery processes
- Typically meets with individuals at least once every two months

Blended Case Management (BCM):

- Most intensive level of case management
- Links individuals to community resources to assist in the treatment and recovery processes
- Meets with individuals at least once a month and more often as needed

Certified Peer Specialists (CPSs) are self-identified individuals who are utilizing or have utilized behavioral health services and who are trained and certified to offer support and assistance in helping others in their recovery and community-integration process and who:

- (i) Have a high school diploma or general equivalency degree; and
- (ii) Within the last three (3) years, have maintained at least 12 months of successful full or part-time paid or voluntary work experience or obtained at least 24 credit hours of post-secondary education; and
- (iii) Have completed a peer specialist certification training curriculum approved by OMHSAS; and
- (iv) Complete 18 hours of continuing education training per year with 12 hours specifically focused on peer support or recovery practices, or both, in order to maintain peer specialist certification.

Many CPSs have special backgrounds, and receive special training, in providing substance abuse, forensic (criminal justice/reentry), and older adult peer support services. There are employment opportunities for CPSs within the mental health community in Centre County.

nurse practitioner. Also referred to as a mental health nurse practitioner. Assesses and diagnoses psychiatric illnesses, provides therapy and participates in treatment and recovery planning.

psychiatrist. A medical doctor who specializes in evaluating and treating mental illness. They can order medical tests, evaluate symptoms, prescribe medications, and monitor the safety and effectiveness of medical treatment. They can offer a variety of talk therapies, but in our public MH system, most therapy of a non-medical nature is provided by others.

psychologist (clinical). A person generally with a doctoral degree in the study of mental psychology. Psychologists provide testing to help with diagnosis, treatment, and/or rehabilitation. They have extensive training in a variety of talk and behavioral therapies for individuals, couples, families, and groups.

social worker. A person generally with at least a master's degree who is trained extensively in case management, but many also have graduate training in various talk therapies. Often, they work with families and couples in many settings, including hospitals, clinics, and private practice.

supportive housing. Through supportive housing, both housing and social services are provided. Services are tailored to the needs of the population being housed and may be provided either on or off site.

therapist. A term for any professional trained to provide mental health therapies. Therapists may be trained in nursing and counselor education.

treatment team. All of the people who arrange/provide needed services for an individual. The treatment team typically includes employees from several agencies, family members and the individual. *Recover team*, an alternative term, is thought to be more reflective of recovery-oriented thinking.

TYPES OF SERVICES

after-care. Follow-up and support services that provide continuity of care for people transitioning from hospital to community. Good after-care helps prevent relapse.

community residential rehabilitation (CRR). State-licensed program that provides psychiatric rehabilitation in a community setting to help residents live as independently as possible. Each individual works closely with a primary contact person, called a goal manager. Activities include individual goal-planning, help with personal care, medication management, attendance at off site MH programs, and volunteer work or paid employment.

emergency services. Available 24/7 for people in crisis due to severe MH symptoms. Services include evaluation for further immediate care, referrals, short-term counseling, and hospitalization when necessary. Individuals usually access services by telephone: 911 in case of immediate risk of harm. Face-to-face services are available from a crisis mobile team and, for walk-in individuals, The Meadows, BSU, and Mount Nittany Medical Center ER. For non-emergency assistance, individuals may call CAN HELP (24/7) or the BSU (8:30am to 5pm).

psychiatric advance directives. Signed into law in 2004, psychiatric advance directives provide people with mental illness a legal instrument for predesignating their treatment and other wishes in case they should become acutely ill and unable to make informed decisions. The individual identifies service preferences and designates people to communicate the individual's wishes in times of crisis, and to oversee personal matters. Providers are expected to adhere to the directives to the extent possible.

psychiatric outpatient clinic. State licensed nonresidential program that provides individuals with regularly scheduled medication monitoring and management. See *People Who Provide Services*.

psychiatric rehabilitation. Services that promote recovery, full community integration, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs functioning. Psychiatric rehabilitation services are collaborative and individualized and are directed by the individual. They are an essential element of the human services spectrum. They focus on helping individuals rediscover skills and access resources needed to increase one's capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.

recovery. Recovery refers to the process by which an individual strives to attain a fulfilling life. Recovery is a nonlinear and holistic process comprising respect and empowerment of the individual; self-determination; focus on the individual's strengths; peer support; and the establishment of meaningful relationships, community involvement, and a sense of hope.

vocational rehabilitation. Services that facilitate an individual's return to work or attainment of a first job. Sheltered workshops provide jobs in a supportive environment. Job-coaching services support individuals in employment in the community. Clubhouses provide on-the-job training in a team environment.

MANAGED CARE

Community Care Behavioral Health Organization

One Chatham Center

Suite 700

112 Washington Place

Pittsburgh, PA 15219

www.ccbh.com

2505 Green Tech Drive

Suite F

State College, PA 16803

Community Care is a recovery-focused nonprofit behavioral health managed care company. It manages mental health and drug and alcohol treatment services for about 700,000 members of the HealthChoices program (a Pennsylvania program for people covered by Medical Assistance) in 36 counties. Members can call Community Care for more information for a mental health condition, an alcohol problem or a drug problem. Community Care is dedicated to the health and well-being of members. Members are actively involved in program development and quality improvement activities.

All calls are toll free. Call 24 hours a day, 7 days a week with your questions.

Customer Services Phone Number: 1-866-878-6046

TTY for the Hearing Impaired: 1-877-877-3580

En Espanol: 1-866-229-3187

PUBLIC OUTPATIENT AGENCIES AND SERVICES

The Center for Counseling and Psychological Services (CAPS)

(501 Student Health Center, University Park, 16802;

863-0395; M-F 8am to 5pm;

<http://studentaffairs.psu.edu/counseling/>)

CAPS serves only Penn State students and is neither contracted by MH/ID nor directly publicly funded. However, CAPS provides a large volume of MH outpatient services to adult residents of Centre County who are Penn State students. Services include initial consultations, short-term individual and couples counseling, crisis intervention, 25 therapy groups, psychiatric evaluation/medication management, and referrals for long term care. Counselors include licensed mental health professionals and graduate student trainees who address concerns with MH, addiction, sexual assault, academic progress, social development, and satisfaction at Penn State. Part-time students are eligible for initial consultations and group therapy.

CENTRE COUNTY Mental Health/Intellectual

Disabilities/Early Intervention-Drug & Alcohol (MH/ID/EI-D&A) (420 Holmes Street, Bellefonte, 16823; 355-6786; M-F 8:30am-5:00pm; <http://co.centre.pa.us/561.asp>)

ALL SERVICES ARE CONFIDENTIAL

Centre County Mental Health (MH) identifies, evaluates, treats, and refers adults and children/adolescents with mental illness, behavioral health needs, or emotional disorders. The Centre County MH Office has five psychiatrists on staff with four that treat adults and one that treats children/adolescents. We provide all levels of case management - Administrative Case Management (ACM), Resource Coordination (RC), and Blended Case Management (BCM). Centre County Mental Health is a contracted provider of Targeted Case Management (TCM) and outpatient psychiatric services under behavioral health managed care (Community Care Behavioral Health). We also provide crisis

delegate services during work hours listed above. Centre County MH works in conjunction with our ID, EI, and D&A partners.

A case manager will work with you to ensure that you receive mental health services and supports and are linked to community resources available to assist you in your recovery. Case managers perform similar functions and vary in their frequency of contact. Individuals can work within the continuum of case management services depending on their level of need.

Centre County MH and Strawberry Fields, Inc. provide mental health TCM services (RC and BCM) to eligible residents of Centre County. Individual recovery progress is reviewed on an ongoing basis. The goal of these services is to enhance each individual's independence within the community.

Individuals are referred to external providers for other services. If you would like information, please call (814) 355-6786.

Penn State Psychological Clinic (314 Moore Bldg., University Park, 16802; 865-2191; M-Th 9am-8pm, F 9am to 5pm;
<http://psych.la.psu.edu/psychclinic>)

Provides a variety of services to child & adult members of the community. A part of Penn State's Clinical Psychology Program, it offers psychotherapy under the direction of experts in the field of psychology, specialty clinics for different disorders, and the opportunity to be involved in innovative programs through different research programs. The clinic provides individual, group, couples, and family therapy. Psychiatric services are available to individuals in therapy at the clinic, as deemed appropriate. Other services include psychological evaluation/assessment, and consulting and intervention for individuals with cognitive impairment who have behavioral or mental health issues. As a training clinic, doctoral-level students conduct most of the therapeutic services under close supervision of clinical faculty.

The Child and Adolescent Services of the clinic is one of the primary providers of mental health services within the Centre County school system. The clinic is a provider for the BSU and accepts Medical Access, Medicare, and private insurances. A sliding scale is available for most services.

Universal Community Behavioral Health (UCBH) (206 West High St., Bellefonte, 16823; 353-3151; M-F 8:30am to 5pm)

UCBH is a private behavioral healthcare company with offices throughout Central Pennsylvania. The organization offers child and adolescent partial hospitalization; child, adolescent and adult psychotherapy and medication management; BHRS, or wraparound services, Family Based Mental Health Services ; and Peer Support Services For additional information regarding services and sites, please call the Central Intake office at 364-8806 or 1-888-520-8224.

HOSPITAL AND MEDICAL SERVICES

Centre Volunteers in Medicine (CVIM) (2520 Green Tech Drive, Ste. D, State College, 16803; 231-4043 M-F 8:30am to 4:30pm by appointment; www.cvim.net)

CVIM is a nonprofit corporation whose primary mission is to serve the health and wellness needs of neighbors without insurance who live in Centre County. CVIM provides free primary and preventive medical and dental care to uninsured residents of Centre County. In addition, the organization may provide referrals to specialists and other social services. People who utilize services are treated with respect and dignity from the moment they enter the door to the end of their visit. Individuals may call to schedule an appointment to find out whether they qualify for services.

The Meadows Psychiatric Center (132 The Meadows Dr., Centre Hall, 16828; 364-2161 or 1-800-641-7529; www.themeadows.net)

The Meadows is a 105-bed acute inpatient psychiatric facility for children age four through older adults. The Assessment and Referral Center is staffed 24/7 by intake counselors who can evaluate individual needs and provide assistance at no cost to the individual. Patients who require emergency admission are served in separate units according to age: Children, Adolescent, Adult, and Adult Stabilization Units. Units are staffed 24/7 with nursing and mental health technicians to meet patient needs. Discharge is coordinated with continuing care providers and taps into a person's support system to promote mental health wellness and recovery.

Mount Nittany Medical Center (1800 East Park Ave., State College, 16803; 231-7000. Available 24/7; www.mountnittany.org)

The Mount Nittany Medical Center Emergency Room provides psychiatric assessment and emergency treatment 24/7. Psychiatric and psychological consultations are provided on the medical floors as needed. The inpatient Behavioral Health Unit (3-South) has 12 beds and admits adults age 18 years and older.

HOSPITAL ADMISSIONS

Inpatient MH care is reserved for acute mental, emotional, and/or behavioral problems that cannot be treated safely on an outpatient basis. The purpose of hospitalization is to stabilize and discharge the individual to the community as soon as possible. Length of stay varies. Treatment may include individual, group, and family therapy; medical and psychological testing; and medication management. Post-hospital care is arranged before discharge by the individual's case manager and/or social worker.

Inpatient Care may be accessed 24 hours a day, 7 days a week. Inpatient care can be accessed by:

- Calling the Centre County CAN HELP Line at 1-800-643-5432
- Calling 911/Police (especially in crisis situations such as suicide attempts or threats to harm self/others)
- Going to the Emergency Department of Mount Nittany Medical Center or to the Meadows Psychiatric Center.

Inpatient care is accessible to all, regardless of payment/insurance issues or whether the inpatient stay is voluntary or involuntary.

Voluntary Admission (201): CAN HELP or the Emergency Room can evaluate the necessity for hospitalization, and CAN HELP will help find a hospital with availability. A person who has voluntarily gone to a treatment facility may sign out; however, the person must sign a form agreeing to give 3 days notice of self-discharge. This gives time for the individual to reconsider, for aftercare to be arranged, or for the facility to initiate an involuntary commitment process, if warranted.

Involuntary Admission (302): Is for a maximum of five days when an individual with serious mental illness “poses a clear and present danger to others or to himself or herself” * and/or is unable to care for basic needs. A petitioner is any responsible party who has observed or been told first-hand within the past 30 days of an individual’s behaviors that warrant psychiatric evaluation.

The petitioner must attest to these actions/behaviors in written form, in what is referred to as the Petitioner’s Statement. Only first hand information, not hearsay, may be included in this statement. The petitioner “...who provides any false information on purpose...may be subject to criminal prosecution and may face criminal penalties...” Admission is ultimately determined following evaluation, which is usually conducted at a local hospital by a medical doctor and a mental health delegate representing MH/ID/EI. There is no hearing for a 302 commitment.

Extended Emergency Treatment (303): If necessary, a 303 commitment immediately follows a 302 and is an extension of the hospitalization for up to 20 days. The need for a 303 commitment is determined in a legal hearing often held at the hospital. The individual has due process rights and legal representation.

Extended commitments are no longer common, because intensive outpatient treatment has become more available. However, the term of commitment may be extended beyond 20 days on an inpatient or outpatient basis (304, 305). Extended commitment may be court ordered only after an additional legal hearing. Local inpatient facilities are at Mount Nittany Medical Center and the Meadows Psychiatric Center. If these facilities are full, any hospital providing inpatient psychiatric services in the Commonwealth may be used, though every effort is made to keep the individual as close to home as possible. Extended inpatient commitment could be to a community placement, but it would more likely be to Danville State Hospital.

* Mental Health Procedures Act 143, Section 301. The standard for clear and present danger is that the individual has committed "acts of furtherance" within the last 30 days, such as planning and/or attempting suicide and/or causing non-trivial injury to self or others.

PEER SUPPORTS

Mountain View Hub (2603 E College Ave, Suite E1, State College, 16801; 867-1100)

The Mountain View Hub is a consumer-run drop in center, rooted in the principles of recovery and empowerment. It is located in State College and is available to provide people with a safe and comfortable environment, a place to participate in an array of available activities including relaxing, getting and providing support to and from peers, as well as exploring the local community together. There are snacks for purchase, as well as monthly parties and celebrations. Each month the group plans activities and develops a calendar of events that is mailed, emailed, and posted on our door. The program is open two evenings per week and weekends as scheduled. All are welcome to come and visit the facility.

The Mountain View Hub mission statement: "We believe that through natural supports rooted in the community, people with mental health issues can and DO recover to a degree to which they feel comfortable."

Program MUST (208 West Foster Avenue State College, 16801)

Program MUST, a mental health club, meets for fellowship and recovery twice a month at St. Andrew's Episcopal Church in State College, PA. They meet the second and fourth Wednesdays of each month from 5pm-7pm. The people who come are asked to bring food so that we have our supper at the church. For more information the email address is: mustprogram@yahoo.com

National Alliance on Mental Illness (NAMI) (The local affiliate is NAMI PA Centre County, c/o David Jeffreys, 238-1983)
Support group originally for families of individuals with mental illness, but now intended to serve individuals with mental illness as well as family members. The group meets to discuss personal situations, exchange advice and information, and support advocacy efforts at local, state, and national levels. Meetings are held on the second Tuesday of each month (except July and August) from 7pm to 9pm at South Hills School of Business and Technology, 480 Waupelani Dr., State College. NAMI PA Centre County is publicly funded and is also supported by nominal annual membership dues.

COMMUNITY SUPPORTS

The Advocacy Alliance (846 Jefferson Ave., Scranton, 18501; 1-877-315-6855; TTY: 1-877-962-5593; M-F 9am to 4:30pm; www.theadvocacyalliance.org)

The Advocacy Alliance facilitates Consumer/Family Satisfaction Team in Centre County. The Team is comprised of individuals and families of individuals who use mental health and/or substance abuse services. The purpose of the Team is to assess the levels of satisfaction of adults, children and adolescents with the services they receive; to identify their wants and needs; and to request their input regarding ways to improve the delivery of services. The mission of The Advocacy Alliance is to promote mental well-being, support Recovery for adults who have a mental illness, Resiliency in children and adolescents who have emotional disorders, and Everyday Lives for persons who have developmental disabilities, and provide to them advocacy and culturally competent services.

Centre County CAN HELP (132 The Meadows Dr., Centre Hall, 16828; toll free 1-800-643-5432. Available 24/7)

CAN HELP, a service operated by The Meadows Psychiatric Center/Universal Community Behavioral Health, provides mental health crisis intervention, supportive counseling, referrals to other agencies, and mental health and drug & alcohol education. Services are accessible by telephone, walk-in assessment, or mobile crisis intervention in the community.

Central PA Chapter of the American Foundation for Suicide Prevention.

The **American Foundation for Suicide Prevention (AFSP)** is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

To fully achieve its mission, AFSP engages in the following Five Core Strategies:

- Fund scientific research
- Offer educational programs for professionals
- Educate the public about mood disorders and suicide prevention
- Promote policies and legislation that impact suicide and prevention
- Provide programs and resources for survivors of suicide loss and people at risk, and involve them in the work of the Foundation

For more info on local initiatives, go to www.afsp.org and click on Central PA Chapter

Centre County Council for Human Services, Inc.

<http://hscouncil.centreconnect.org>

The Centre County Council for Human Services is a collaboration of human service agencies, businesses, policy makers, foundations and interested individuals working to create an integrated and efficient approach to solving the issues facing the community. In addition to hosting monthly meetings and yearly trainings, the Council publishes the *Centre County Directory of Human Services*, a handbook of the services available from member organizations, and a monthly informational newsletter, the *Centre Exchange* which are available online at www.centreconnect.org

Schlow Centre Region Library (211 S. Allen St., State College, 16801; 237-6236; M-W 9am to 9pm; Th 12pm to 9pm Sept-May, 9am to 9pm Jun-Aug; F 9am to 6pm; Sat 9am to 5pm; Sun 1:30pm to 5pm Sept-May, closed Jun-Aug; www.schlowlibrary.org)

Schlow, largely publicly funded, is the Centre Region's main public library. It has many up-to-date resources on MH issues, medical care, medication, and local services. Anyone with a local address may get a free library card. Schlow also provides access to computers, the internet, wi-fi, interlibrary loans, and has comfortable nooks for reading.

Seven Mountains WARM LINE

Toll Free

1-877-411-9102

The Seven Mountains WARM LINE is a confidential, one-on-one telephone support for persons from Centre County who have a mental illness and are experiencing sadness or loneliness or just want to share good news. It is staffed by trained persons who are in Recovery from mental illness and who understand the needs of their peers. The Seven Mountains WARM LINE operates from 6:00 PM - 10:00 PM.

Youth Service Bureau (325 W Aaron Drive, State College, 16803; 237-5731; 237-5731 M-F 8:30a-5 p;
parentingplus@ccysb.com)

Parenting Plus offers assistance to parents who are struggling with the complexities of parenting newborns through 10 year olds. Parents learn behavior management and discipline strategies as well as healthy child development.

PUBLIC MH AGENCIES & SERVICES

Community Services Group (CSG)

Psychiatric Rehabilitation Program (901 University Dr., Ste. 1, State College, 16801; 272-0331. M-F , 8:30am to 3pm)

Psychiatric Rehabilitation groups offer individuals the opportunity to take an active role in their recovery by voting on monthly activities, helping each other with their struggles and practicing new skills. The program provides skill building in areas such as learning to access community resources, making healthy lifestyle choices and coping with stress and life problems. Staff assist in the process by presenting a variety of informational topics, support and options. Individuals use these skills to be more satisfied and successful in any area of their lives that they choose.

The Mobile Psychiatric Rehabilitation program is focused on both the psychological and physical health needs of the individual, specifically in relation to diabetes. Individuals who have diabetes or are at risk for developing diabetes, learn skills to improve their overall health and wellness. This service can be offered in the community, with staff assisting individuals to learn and practice buying healthier products, cooking low sugar meals and talking to their doctors about their concerns.

Community Residential Rehabilitation Services (614 Locust Ln., State College, 16801; 861-0617)

The CRR provides individuals with mental illness the opportunity to improve daily living skills and become more integrated into the community. Individuals learn to live more independently and staff is trained in assisting individuals to readjust to life in the community.

Skills of Central PA, Inc. (2593-1 Clyde Ave., State College, 16801; 231-0290. Program hours vary; www.skillsofcentralpa.org)

"The essence of Skills' mission is to ensure that the people we support become the authors of their own lives. Together, we are committed to helping the people we serve to: plan for their needs; choose the supports they want and need; take control of their own lives; freely express their opinions about the quality of the services they receive; and to continually revise their goals to meet changing needs." —David M. (Mike) Rice, Ph.D., President and CEO

Skills of Central Pa is a nonprofit agency committed to creating opportunities, providing choice and support, and promoting recovery to enhance all aspects of peoples' lives. Skills began in 1960 in Bellefonte as a grassroots effort providing opportunities for individuals with disabilities to be productive in their community. Skills in Centre County has, over the past nine years, developed opportunities to support individuals with mental illness in a variety of settings. The services, including employment, vocational, psychiatric rehabilitation, clubhouse and industrial, are all based on the principles of recovery and person-centered planning.

Opportunity Centre Clubhouse (OCC) (2603 East College Avenue, Suite E-2 State College, PA 16801 (814)867-1454 (phone), (814)867-1493 fax; M-F 8-4, Th pms, weekends/holidays as determined)

OCC is an accredited International Center for Clubhouse Development (ICCD) Clubhouse which is a unique approach to site-based psychiatric rehabilitation. OCC membership is entirely voluntary and without time limits. The Clubhouse provides support to it's members as they choose their path to recovery and provides a sense of belonging, empowerment and choice. OCC works with members to assist them in determining their recovery goals and offers support in working, learning, socializing, wellness and education. Together members and staff work towards running the Clubhouse and realizing the goals they set for themselves. At

OCC it is believed that every member can and will recover and gain his or her desired role in the community.

Mobile Psych Rehab (2437 Commercial Blvd., State College, 16801 Phone: 814-470-1283 Fax: 814-272-0423)

Mobile Psychiatric Rehabilitation services will benefit those who require one-to-one skill building interventions to have success in achieving their desired roles in life. Mobile services are generally short term in nature (one year or less) focusing on a specific skill or resource acquisition that will help the individual to gain or maintain a specific role in the community. Supporting persons in meeting their goals requires community resources rather than program-based resources.

Mobile services are generally provided for no more than six hours per week per individual. Mobile services are provided in the community such as an individual's home, an educational setting, or other community setting. Staff will assist participants in achieving their goals using the following:

- Flexible availability of the MPRS staff
- Identifying chosen roles in living, learning, working and socializing domains
- Personal, in-vivo assistance with emphasis on education and development of independent living skills for individuals who identify independent living as a goal
- Assessment of individual strengths, needs and resources in order to assist in the development of wellness and recovery goals and functioning in valued roles
- Setting individual recovery goals
- Engaging individuals in services
- Identifying, developing, and using formal and natural supports
- Direct or indirect skills teaching

Skills Central: (9 West Pine Street, Philipsburg, 16866; Phone: 814-342-9800 Fax: 814-342-9802)

Skills Central is a site based psychiatric rehabilitation program providing skill building and resource development for individuals living in Centre, Clearfield and Jefferson Counties. This program uses the following principles of psychiatric rehabilitation in the daily operations of the program.

- **Self-directed:** individuals plan the direction and focus of the program
- **Individualized and person centered:** each person's plan will be developed based on the individual's needs, and the program will develop interventions designed to foster success
- **Empowering:** Individuals run this program and their lives, staff act as guides
- **Holistic:** staff will work with individuals to address all of their needs, not just needs focused on mental health
- **Non-linear:** setbacks and relapses are okay; these experiences offer a learning opportunity. Key here is that staff remain supportive, never a judgmental, always welcoming
- **Strengths- based:** focus on people's strengths, not their barriers. Develop goals based on what they are good at and what motivates them
- **Embraces peer supports:** connections with those who know where they have been and where they can go
- **Fosters respect:** we respect everyone who comes in the doors- our job is not to criticize or change people but to embrace who they are as individuals
- **Encourages responsibility:** people are responsible for their lives. We cannot make someone better or force change- it must come from within-staff cannot be responsible for someone else's choices; but we can be there for them offering support and encouragement as they make their journey
- **Hope:** staff must believe that everyone can learn and grow

Through the group process, staff provides opportunities for individuals to learn, grow and meet their individual goals by creating fun and interactive classes, individual and mobile educational opportunities. Program participants take ownership of the daily operations of the program by helping to set the daily schedule, keeping the space clean, deciding on program procedures and setting social agendas. They are encouraged to co-write their daily notes and progress notes.

Strawberry Fields, Inc. (SFI) (3054 Enterprise Dr., State College, 16801; 234-6023; M-F 8am to 4pm; www.sfonline.org) SFI provides Blended Case Management (BCM) services for adults/children and Children's Resource Coordination (RC). The BCM programs provide after hours and weekend on-call crisis support. SFI facilitates a monthly parent support group for parents whose children are receiving children's case management services through our agency. SFI also operates two Community Residential Rehabilitation (CRR) programs for adults in Centre County. Our State College CRR program serves 11 individuals and is located in a cluster of town homes that have easy access to public transportation, shopping, employment opportunities, YMCA, and treatment services. SFI also operates a three bed full-care CRR program in Bellefonte. SFI facilitates an adult transition support group through its State College CRR, where past CRR residents return to the CRR to meet with current residents to discuss issues regarding transitioning out of the CRR and living independently in the community. In addition to our case management and CRR services, SFI operates a Fairweather Lodge program in the State College area. The Fairweather Lodge is a residential and employment program where four residents share in the day-to-day experiences of running a household and business with minimal staff assistance. Certified Peer Support services are being provided by SFI through the Fairweather Lodge business. Our newest service is the R.A.P. (Really Awesome People) Drop-in-Center located at 801 Southgate Drive. For more information about any of our programs please call Strawberry Fields at 234-6023.

PUBLIC NON-MENTAL HEALTH AGENCIES

Agencies in this section provide support services often used by individuals who utilize services within the public mental health system. Individuals may call directly or be referred by their case managers or another agency.

Centre County Assistance Office (CAO) (2580 Park Center Blvd., State College, 16801; 863-6571; 1-800-355-6024; M-F 7:30am to 5pm)

Centre CAO determines eligibility for entitlement programs funded and administered by the Pennsylvania Department of Public Welfare (DPW). An application, available at the office or mailed out upon request, must be filed. Eligibility is based on need as determined by income and resource guidelines. Benefits include cash assistance, medical assistance, food stamps, nursing home care, emergency shelter grants, special allowances monies for employment, medical transportation monies, and the energy assistance program. Centre CAO helps individuals seek, accept, and maintain employment. Applications also may be printed or, in some cases, filed on the Internet at <http://www.state.pa.us> or <http://www.compass.state.pa.us>.

Centre County Children and Youth Services (CYS)
(Willowbank Bldg., 420 Holmes St., Bellefonte, 16823; 355-6755; M-F 8:30am to 5:00pm; for emergencies when closed 1-800-479-0050)

CYS identifies and resolves problems in the family when there is concern for the safety and well-being of a child. In cases of suspected abuse or neglect, CYS investigates and takes necessary steps to protect the child. A child may be placed outside the family if parents cannot or will not provide adequate care and there is no feasible alternative within the family.

Centre County Office of Adult Services (Willowbank Bldg., 420 Holmes St., Bellefonte, 16823; 355-6768 M-F 8:30am to 5:00pm)

The Centre County Office of Adult Services is an office of County Government. It is responsible for services to low-income adults, ages 18 through 59, including the disabled population and low-income families. The office works on behalf of individuals and families requiring assistance to meet their basic needs. Efforts are focused on improving their lives and protecting those at their highest vulnerability. The office strives to connect people to the available resources in our community. Services are provided throughout the county by a network of agencies that work together. Individual case management to homemaker services to emergency housing to food banks, to basic needs assistance are all solutions to the needs of our residents in Centre County that we make every effort to meet.

Centre County Office of Aging (Willowbank Bldg., 420 Holmes St., Bellefonte, 16823; 814-355-6716. Toll free: 1-800-479-0050 (after hours); M-F 8:30am to 5pm) Email aging@co.centre.pa.us

The Office of Aging assists individuals age 60 or older to remain in the community or, if necessary, in a more protected environment. The Office of Aging also offers Project Share at the senior centers in cooperation with Centre County MH/ID/EI to address mental health concerns of older adults. The Office of Aging is the designated agency to provide preadmission assessment for adults aged 18 and older who are seeking placement in a long-term care facility or who are seeking assistance through the Attendant Care Waiver or the Aging Waiver. The agency provides protective services to older adults and may place an individual in a safer environment if a thorough investigation indicates need for protective services. The Office of Aging also provides health insurance counseling for persons with Medicare.

Centre County Office of Transportation (486 Old Curtin Rd., Milesburg, 16853. Mailing address: 420 Holmes St., Bellefonte, 16823; 355-6807; M-F 8:30am to 4pm)

Provides door-to-door service to individuals of human service agencies, patrons who are Medical Assistance eligible, persons with disabilities, and the general public (for a fee) who are residents of Centre County. Also offers a home-delivered meal service to individuals who qualify. Reservations are required by 1:00pm at least one working day in advance (preferably as soon as possible). Persons needing accessible vehicles are encouraged to make reservations as soon as possible. This is a shared-ride service that primarily serves destinations in Centre County. Passengers (MA individuals) may be reimbursed for securing their own ride if the transportation office is unable to meet their needs, and out of county medical trips are available to these individuals through a third party.

MidPenn Legal Services (3500 East College Avenue, Suite 1295, State College, PA 168001; 1-800-326-9177; M-F 8:30 a.m. to 4:30 p.m.)

MidPenn provides free legal information, advice and/or representation in civil cases to income eligible residents of Centre County. The type of cases handled *may* include, but are not limited to: public benefits, domestic violence, eviction, mortgage foreclosure, custody, debt collection, employment, unemployment compensation, Supplemental Security Income and Social Security Disability.

(Pennsylvania) Office of Vocational Rehabilitation (OVR)

(1130 12th Avenue, Ste. 500, Altoona, 16601; 946-7240

(Voice/TTY), 1-800-442-6343 (Voice),

1-866-320-7955 (TTY); www.dli.state.pa.us/ovr)

The Pennsylvania Office of Vocational Rehabilitation serves people with disabilities who present with a substantial impediment to their employment. Services are provided to individuals who can benefit from and who need assistance to prepare for, enter, engage in, or retain employment.

Social Security Administration (SSA) (901 University Dr., Ste. 2, State College, 16801; 1-866-864-1516; M-F 9am-3:30pm; www.ssa.gov)

SSA administers all Social Security benefit programs, which include Supplemental Security Income (SSI), Social Security Disability Income (SSDI), Social Security Retirement, and Social Security survivors' benefits. SSI and SSDI provide monthly income payments for individuals who are eligible. Applications for Medicare are handled through this office. Individuals eligible for SSI also are eligible for Medical Assistance (MA).

Women's Resource Center (140 W. Nittany Ave., **State College**, 16801; 24/7 rape/abuse hotline 234-5050 or 1-877-234-5050; TTY 272-0660. Information 234-5222, M-F 8am to 5pm. **Bellefonte**, 355-6477, MWF 8:30am to 4pm; www.ccwrc.org)

WRC provides free and confidential services to victims of domestic violence, sexual assault, and stalking in Centre County. Services include individual or group counseling, advocacy, and referrals. Emergency housing is available at the Sylvia Stein Shelter for women and children fleeing abuse.

CHARITABLE AGENCIES & SERVICES

Charitable agencies, which are directly accessible, provide services often needed by people with SMI who do not qualify for public services. Each agency has unique community connections so may be able to offer unique information, ideas, and referrals.

Central Pa Community Action

*Bellefonte 109 W. Bishop St. Bellefonte Pa 16823; 814-355-7501 Mon.-Thur.7:30-4:00 with a 1/2 hr. lunch around noon. Services include: Pa Workwear, various utility programs and Housing counseling for First Time Homebuyers.

*Millheim 103 Mill St Millheim Pa.16854 814-349-5850 Mon.-Thur. 7:30-4:30 with an hour lunch from 12-1:00 Services include Food Bank, various utility programs and a Thrift store.

*Philipsburg 14 S. Front St. Philipsburg Pa. 16866 814-342-0404 Mon.-Fri. 8:00-4:30 with an hour lunch from 12-1. Services include Food Bank & various utility programs. The Philipsburg office also serves Clearfield Co. for a variety of programs. All offices can be reached directly or by calling 1-800-822-2610 www.cpcaa.net

Community Help Centre (141 W. Beaver Ave., State College, 16801. Crisis calls and assistance 24/7: Crisis line 235-1890 or any of the following numbers: **State College** 237-5855, **Bellefonte** 355-4831, **Millheim** 349-8715, **Philipsburg** 342-6165; toll free 1-800-494-2500. Walk-in hours M-F 9am to 5pm; www.communityhelpcentre.com)

Call the Community Help Centre anytime at 235-1890 (or any of the numbers listed above) to speak with trained staff; emotional support and short-term crisis intervention counseling is offered 24/7, every day of the year. CHC also provides information and referral services for anyone who isn't sure where to turn for help. Other emergency services include: food bags when food banks and pantries are closed and referrals for emergency shelter. Drop-in hours are Monday through Friday from 9:00 am to 6:00 PM.

Interfaith Human Services (formerly Interfaith Mission)
(2100C East College Ave., State College, 16801; 234-7731; Office
Hours: Monday-Friday 9am-4pm; ihs-centrecounty.org)

Serving all of Centre County, Interfaith Human Services (IHS) provides emergency financial assistance on behalf of low-income residents. All services are provided by appointment only. Some programs require referrals. IHS' list of services follows.

The **Centre County Fuel Bank** provides emergency heating product assistance during the heating season. The **Community Help and Improvement Program** (The C.H.I.P.) helps low-income homeowners with moderate repairs to improve energy efficiency and safety. IHS' **Emergency Assistance Support** makes payments on behalf of individuals to cover rent, security deposit, utility bills, and emergency medical needs. The **Free Furniture and Appliance Recycling Program** offers gently-used furniture and free-standing electric appliances to eligible residents. The **Helping Hands Money Management Program** guides households toward a sustainable budget by providing in-depth, one-on-one education and goal-setting to meet current and future needs. The **Rental Assistance Program** (R.A.P.) offers help to households who are facing eviction and need financial assistance to get back on track. The **Representative Payee Program** assumes legal responsibility of an individual's resources to assure that basic needs are met. Ongoing education and case management are integral components of this program. IHS is an approved Social Security Administration Organizational Representative Payee. The **Small Occasional Short-term Loan Program** (S.O.S.) offers a small 12-month loan to approved applicants to help with unexpected expenses.

Saint Vincent DePaul Society (526 Westerly Pkwy., State College, 16801; 867-3131; M-F 10am to 4pm, Sat. 10am to 1pm; www.svdpusa.org)

Located in the Westerly Parkway Plaza shopping center, SVDP helps families and individuals of all faiths meet their medical, dental, shelter, food, clothing, transportation and spiritual needs.

Salvation Army Corps (2603 E College Ave, Suite G, State College, 16801; 861-1785; M-F 9am-5pm; www.salvationarmystatecollege.org)

This agency provides short-term financial assistance. Also, a case manager reviews the individual's budget to determine eligibility for other programs and make referrals.

HOUSING SERVICES

Many individuals need help to afford the essentials—such as housing, food, clothes, dental care, and non-psychiatric medical care—for themselves or their families. Community Help Centre offers current information on all locally available human services. Determining eligibility for housing assistance can be complicated, and gaining access can be slow and difficult. The usual way to proceed (often the only way) is through case management. There are currently three CRR facilities in the Centre Region. These facilities are listed under *Public MH Agencies and Services* because they provide housing as an integral part of comprehensive psychosocial rehabilitation.

Housing Transitions, Inc.

Program Name: Centre House Emergency Shelter
217 E. Nittany Ave., State College, PA 16801
237-5508, Staff available 24/7.
www.housingtransitions.com

This program provides shelter and food to individuals and families in Centre County who are homeless or in crisis. Individuals must be at least 18 years of age unless they are accompanied by a parent or legal guardian or are legally emancipated. Persons convicted of or charged with a violent crime, a crime of a sexual nature, or a crime involving the sale/distribution of drugs do not qualify for residential services. All individuals must go through an interview process for determination of eligibility. The Centre House Case Manager works with each individual or family to set objectives for employment, housing, child care services, and the like; to review progress; and to make and coordinate referrals to other community services. Each resident is responsible for completing several housekeeping chores daily to help keep the shelter running efficiently. Also, each resident is expected to follow all Centre House rules and work with the case manager daily. The shelter works with Centre County residents for up to 30 days and with out-of-county residents for up to three days. A person who is making progress but has substantial obstacles to overcome may be granted additional time to stay in order to become successful and stable.

Housing Transitions, Inc.

Program Name: Transitional Housing Programs
217 East Nittany Ave., State College, PA 16801
237-1944 9am to 4pm M-F
www.housingtransitions.com

The Transitional Housing Programs are supportive goal-oriented programs intended to assist homeless individuals and families in becoming self-sufficient and in securing permanent housing. Centre County adult individuals and families who are homeless and need such assistance are eligible for this program. Housing Transitions, Inc., has two Bridge Housing units and six Supportive Housing units throughout the State College area. Bridge Housing is a one-year program and the Supportive Housing Program is a two-year program.

Women's Resource Center

Program: Bridge Housing Program
140 W. Nittany Ave., State College, PA 16801
238-7066 Counselors available 24/7.
www.ccwrc.org

In addition to shelter and other services, WRC provides a Bridge Housing Program. Eligible for this program are individuals and/or families who are survivors of domestic and sexual violence who have resided in the emergency shelter for a period of at least 30 days and are in need of supportive services in order to secure self-sufficiency in permanent housing.

Youth Service Bureau

Program Name: Burrowes Street Youth Haven (BSYH)
330 S. Burrowes St., State College, PA 16801
234-2100 Available 24/7
bsyh@ccysb.com

The BSYH is a four-bed facility in State College, PA. This voluntary shelter houses both males and females ages 12-17, for a maximum of 21 days. The youth that benefit from this service are homeless, runaways, or persons at risk for either of those conditions due to difficulties within their home. Youth are welcome to access this shelter whenever they need a safe place to stay, day or night. There are caring, professional counselors at the facility 24 hours a day, 365 days a year, to offer their assistance for both residential or drop in care. All of the services offered to both youth and their families are free and confidential.

Youth Service Bureau

Program Name: Stepping Stone
334 S. Burrowes St., State College, PA 16801
234-2632 Staff available 24/7.
steppingstone@ccysb.com

Stepping Stone is an 8-bed transitional living program located in State College. Licensed by the Pennsylvania Department of Public Welfare, the program serves placement and homeless youth ages 16-21 for up to 18 months of programming. The program's primary mission is to provide youth with a nurturing, supportive, and challenging environment conducive to learning the independent living skills needed to make the transition to self-sufficiency.

Centre County MH/ID/EI-D&A

Program Name: Shelter Plus Care

Willowbank Bldg., 420 Holmes St., Bellefonte, PA 16823

355-6782 8:30am-5pm M-F

www.co.centre.pa.us/561.asp

Individuals are eligible for the Shelter Plus Care program if they meet the homeless criteria for the Homeless Emergency Assistance and Rapid Transition to Housing(HEARTH) Act and have an open case with MH/ID/EI-D&A. This program is in coordination with the Housing Authority of Centre County. For this program, individuals are considered homeless if they fit the definition of literally homeless. Literally homeless is defined as 1) sleeping in a place not designed for or used as a regular sleeping accommodation, including a car, park, abandoned building, bus or train station, airport, camping ground, etc. 2) living in a shelter designed to provide temporary living arrangements (including emergency shelter, congregate shelters, transitional housing, hotels and motels paid for by charitable organizations or by government programs) 3) exiting an institution where they: resided for 90 days or less **and** were residing in the emergency shelter or place not meant for human habitation immediately prior to entering the institution. Individuals must participate and follow through with supportive services coordinated through MH/ID/EI-D&A. The program may be utilized by a single adult or a single adult with children to receive financial assistance for a one bedroom or two bedroom apartment within Centre County. Individuals must have income and their amount of financial assistance is based on their income. They may also receive some assistance with utilities.

Housing Authority of Centre County

Program Name: Section 8 Program/Housing Choice Voucher
121 Beaver Farm Ln., Bellefonte, PA 16823
355-6750 8am to 4pm M-F www.co.centre.pa.us/815.asp

Centre County residents within HUD income guidelines are eligible for rental assistance. Participants pay 30 percent of their gross income towards the rent. HUD pays the balance to the landlord through the Housing Choice voucher. Access to the program is prioritized through waiting lists.

Centre County Affordable Housing Coalition

(PO Box 499, Lemont, PA 16851; 441-6280)
Email: ccaffordablehousingcoalition@gmail.com
www.ccaffordablehousingcoalition.org

It is the mission of the Centre County Affordable Housing Coalition to ensure that all residents of Centre County, especially those with low incomes, have decent, safe, affordable, and accessible housing. Human service agencies, developers, realtors, banks, planning offices, churches, and various other businesses and nonprofit organizations, as well as individuals, comprise the Coalition membership. Individuals interested in joining or receiving more information may contact the Coalition.

Meeting Information:

The Affordable Housing Coalition meets the third Wednesday of each month at the Calvary Baptist Church in State College. Meetings last approximately 90 minutes.

Meeting Time: Third Wednesday of month, 2:30pm

Meeting Location: Calvary Baptist Church, Social Room,
1250 University Drive, State College, PA 16801

COMMUNITY SUPPORT PROGRAM

The Community Support Program (CSP) initiative was undertaken by the National Institute of Mental Health in 1977 to address inadequacies in community treatment following being discharged from state hospitals. The goal of the initiative was to bring about transformation of the mental health system to one in which services would incorporate recovery oriented principles and reflect an understanding that recovery is possible.

CSPs are coalitions of individuals who have experienced mental illness, family members, and professionals, who join together to provide support, share knowledge and experiences. CSPs work together to present a voice in advocating, ensuring the proper array of services and supports are available and provided. The services should be individualized, person-centered, strength-based, empowering, and coordinated for individuals with mental illness so that they are able to live their lives to the fullest potential. Subcommittees are sometimes formed to address crucial topics and do special projects. CSPs take part in the development of the Mental Health Needs Based Plan and the implementation, delivery, and monitoring of services and supports. CSPs feel it is essential to educate the community on mental illness and recovery, and will do presentations upon request.

Since 2001, Centre County has maintained an active CSP. The public is welcome to attend CSP meetings, and to participate in program activities. If you are interested in CSP, please contact the MH/EI/ID-D&A office.

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We hope that you have found this booklet to be helpful. If your organization would like to be included in the next edition, or you would like to be added to the CSP mailing list, please contact 355-6786.

We welcome new participants!

FREQUENTLY CALLED NUMBERS IN CENTRE COUNTY

CRISIS SERVICES (24 hours/7 days, unless noted)

Police Services	911
CAN HELP	1-800-643-5432
MNMC Hospital, ER.	234-6110
Community Help Centre	235-1890
Women's Resource Center	234-5050
MH/ID/EI (M-F 8:30am to 5pm)	355-6786

CONTRACTED MH AGENCIES

Meadows Psychiatric Center	364-2161
Mt. Nittany Medical Center	231-7000
Psychiatric Rehabilitation Program, CSG	272-0331
Psychological Clinic, Penn State	865-2191
Skills of Central PA, Inc.	231-0290
Strawberry Fields, Inc.	234-6023
Universal Community Behavioral Health.	353-3151

OTHER AGENCIES

Central PA Community Action	1-800-822-2610
Centre County Assistance Office (CAO).	863-6571
Centre County Children and Youth Services	355-6755
Centre County Office of Adult Services	355-6768
Centre County Office of Aging	355-6716
Centre County Office of Transportation	355-6807
Centre Volunteers in Medicine	231-4043
Community Care (CCBH)	1-866-878-6046
Community Help Centre	1-800-494-2500
Interfaith Human Services	234-7731
Office of Vocational Rehabilitation (OVR).	1-800-442-6343
Opportunity Centre Clubhouse	353-1050
Social Security Administration	1-866-864-1516
Seven Mountains WARM LINE.	1-877-411-9102
Women's Resource Center	234-5222

PEER SUPPORT GROUPS

Mountain View Hub	867-1100
NAMI PA Centre County	238-1983